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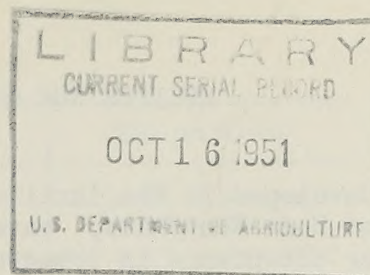
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# Recipes for quantity service



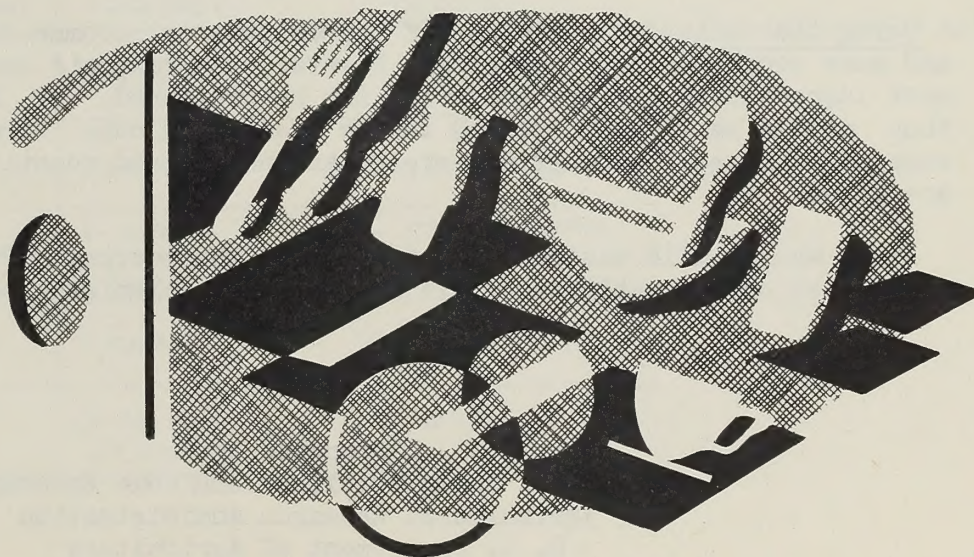
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## MAIN DISHES

Carrot-cheese-rice loaf  
Chicken croquettes  
Chicken with dill sauce  
Baked lima beans in  
sour cream  
Steak strips with sour  
cream gravy  
Scalloped turkey and  
vegetables

## OTHER RECIPES

Creamy potato soup  
Tomato-summer squash  
Molded garden salad  
Baking powder biscuits  
Egg-cheese salad  
sandwich filling  
Orange cream sponge



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Bureau of Human Nutrition and Home Economics • U.S. DEPARTMENT of AGRICULTURE



## RECIPES FOR QUANTITY SERVICE

These recipes, developed in the institutional recipe laboratories of the Bureau of Human Nutrition and Home Economics, have been tested for practicability, sales appeal, and consumer acceptance in commercial and other types of food service. They are designed especially for the use of restaurants, cafeterias, hospitals, institutions, and college dining halls. There is a wide range in the food cost of the different recipes; some are low-cost recipes suitable for institutions on limited budgets.

In standardizing, enlarging, and testing the recipes, quantities were adjusted wherever feasible to eliminate fractions difficult to weigh or measure. Portion sizes were carefully planned, yields checked, and portion weights adjusted to the nearest practical working figure.

Using the recipes. Weighing of ingredients is recommended because it is speedier and more accurate than measuring. However, approximate measures are also given for most ingredients, because measuring may be preferred. If ingredients are measured, they should be lightly packed in the measuring cup. Firm packing, especially of chopped or diced foods, gives more than the weighed quantities on which the recipes are based.

Fluid whole milk was used in developing the recipes. The equivalent in diluted evaporated or reconstituted whole dry milk will also give satisfactory results.

Prepared by  
Bureau of Human Nutrition and Home Economics  
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U. S. Department of Agriculture  
Washington, D. C.



CREAMY POTATO SOUP Portion, 1 cup

Soup

Ingredients	25 portions	50 portions	100 portions
Diced celery	6 ounces (1-1/2 cups)	12 ounces (3 cups)	1 pound 8 ounces (1-1/2 quarts)
Diced onions	9 ounces (1-1/2 cups)	1 pound 2 ounces (3 cups)	2 pounds 4 ounces (1-1/2 quarts)
Water	3-1/4 quarts	6-1/2 quarts	3-1/4 gallons
Diced potatoes	2 pounds 4 ounces (1-1/2 quarts)	4 pounds 8 ounces (3 quarts)	9 pounds (1-1/2 gallons)
Salt	1 ounce (2 tablespoons)	2 ounces (1/4 cup)	4 ounces (1/2 cup)
Chicken broth	1-1/2 quarts	3 quarts	1-1/2 gallons
Milk	1-1/2 quarts	3 quarts	1-1/2 gallons
All-purpose flour	6 ounces (1-1/2 cups sifted)	12 ounces (3 cups sifted)	1 pound 8 ounces (1-1/2 quarts sifted)
Milk	1-1/2 cups	3 cups	1-1/2 quarts
Chopped parsley	1-1/2 ounces (1-1/2 cups)	3 ounces (3 cups)	6 ounces (1-1/2 quarts)

1. Boil celery and onions in the water for 15 minutes.
2. Add the potatoes and salt. Cook until potatoes are tender (about 15 minutes).
3. Stir in the chicken broth and milk. Heat.
4. Mix flour and milk and beat until smooth. Stir into the hot mixture. Continue cooking gently until slightly thickened.
5. Add parsley and serve hot.







# CARROT-CHEESE-RICE LOAF Portion, 2-3/4 by 2-1/2 inches (4-1/2 ounces)

Main dish

Ingredients	24 portions	48 portions	96 portions
Grated carrots	2 pounds 4 ounces (2-1/2 quarts*)	4 pounds 8 ounces (5 quarts*)	9 pounds (2-1/2 gallons*)
Water	3 cups	1-1/2 quarts	3 quarts
Eggs	2-1/2 cups	1-1/4 quarts	2-1/2 quarts
Butter or margarine, melted	3 ounces (6 tablespoons)	6 ounces (3/4 cup)	12 ounces (1-1/2 cups)
Cooked rice	3 pounds (2 quarts*)	6 pounds (1 gallon*)	12 pounds (2 gallons*)
Finely chopped onion	2 ounces (1/3 cup*)	4 ounces (2/3 cup*)	8 ounces (1-1/3 cups*)
Grated cheese	1 pound 8 ounces (1-1/2 quarts*)	3 pounds (3 quarts*)	6 pounds (1-1/2 gallons*)
Salt	2 teaspoons	1 tablespoon	2 tablespoons
Worcestershire sauce	1/2 teaspoon	1 teaspoon	2 teaspoons
Pepper	1/4 teaspoon	1/2 teaspoon	1 teaspoon

1. Parboil grated carrots 5 minutes in boiling salted water. Drain well and save liquid to use in the sauce.
2. Beat eggs. Combine all ingredients, blending well.
3. Turn into well-greased pans (approximately 3-1/2 quarts or 7 pounds to each pan).
4. Set in pans of hot water and bake at 325°F. (slow) for 50 minutes or until set.
5. Serve with a vegetable sauce (p. 7).

\* Lightly packed.

NOTE: 1 pound raw rice yields approximately 3 pounds or 2 quarts cooked.

Pans 16-1/2 by 10-1/2 inches. 1 for 24 portions, 2 for 48 portions, 4 for 96 portions.





# VEGETABLE SAUCE Portion, 1/4 cup

## Sauce

Ingredients	25 portions	50 portions	100 portions
Butter or margarine	2 ounces (1/4 cup)	4 ounces (1/2 cup)	8 ounces (1 cup)
All-purpose flour	1 ounce (1/4 cup sifted)	2 ounces (1/2 cup sifted)	4 ounces (1 cup sifted)
Salt	1-1/4 teaspoons	2-1/2 teaspoons	4 teaspoons
Pepper	1/4 teaspoon	1/2 teaspoon	1 teaspoon
Hot milk, or milk plus liquid from cooked vegetables	1 quart	2 quarts	1 gallon
Cooked peas	1 cup	2 cups	1 quart

1. Melt butter or margarine and blend in flour and seasonings.

2. Stir into hot milk or milk and vegetable liquid. Cook, stirring until thickened.

3. Add peas and reheat.

NOTE: This sauce may be used with meat or fish loaf as well as with the carrot-cheese-rice loaf on page 5.





## CHICKEN CROQUETTES

Portion, 1 croquette (3 ounces)

Main dish

Ingredients	25 portions	50 portions	100 portions
Coarsely chopped mushrooms	1-1/2 ounces (2/3 cup*)	3 ounces (1-1/3 cups*)	6 ounces (2-2/3 cups*)
Butter or margarine	2 teaspoons	1 tablespoon	2 tablespoons
Coarsely ground cooked chicken**	1 pound 12 ounces (1-1/2 quarts*)	3 pounds 8 ounces (3 quarts*)	7 pounds (1-1/2 gallons*)
Eggs, beaten	2/3 cup	1-1/4 cups	2-1/2 cups
Soft bread crumbs	12 ounces (3 quarts*)	1 pound 8 ounces (1-1/2 gallons*)	3 pounds (3 gallons*)
Mayonnaise	1-1/2 cups	3 cups	1-1/2 quarts
Chopped parsley	1 cup*	2 cups*	1 quart*
Minced pimiento	1/3 cup	2/3 cup	1-1/3 cups
Salt	3/4 teaspoon	1-1/2 teaspoons	1 tablespoon
Pepper	1/4 teaspoon	1/2 teaspoon	1 teaspoon
Milk	1-1/2 cups	3 cups	1-1/2 quarts
COATING			
All-purpose flour	4 ounces (1 cup sifted)	8 ounces (2 cups sifted)	1 pound (1 quart sifted)
Eggs, beaten	1 cup	1-2/3 cups	3-1/3 cups
Soft bread crumbs	1-1/2 cups*	3 cups*	1-1/2 quarts*

1. Sauté mushrooms lightly in the butter or margarine.
  2. Combine with other ingredients (except those for coating).
  3. Portion the mixture, using No. 12 scoop (1/3 cup), and shape into croquettes.
  4. To coat, roll croquettes in flour, then in beaten egg, and last in bread crumbs.
  5. Fry in deep fat at 375°F. until brown. Drain.
- \* Lightly packed  
 \*\* Include finely ground chicken skin.

NOTE: Serve with mushroom sauce.

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## CHICKEN WITH DILL SAUCE      Portion, 1/2 cup (4 ounces)

Main dish

Ingredients	25 portions	50 portions	100 portions
Butter or margarine	8 ounces (1 cup)	1 pound (2 cups)	2 pounds (1 quart)
All-purpose flour	5 ounces (1-1/4 cups sifted)	10 ounces (2-1/2 cups sifted)	1 pound 4 ounces (1-1/4 quarts sifted)
Hot skimmed chicken broth	2-1/4 quarts	1-1/8 gallons	2-1/4 gallons
Salt	1/2 ounce (1 tablespoon)	1 ounce (2 tablespoons)	2 ounces (1/4 cup)
Pepper	3/4 teaspoon	1-1/2 teaspoons	1 tablespoon
Diced cooked chicken	3 pounds 4 ounces (2-1/2 quarts*)	6 pounds 8 ounces (1-1/4 gallons*)	13 pounds (2-1/2 gallons*)
Crushed dill seeds	2 tablespoons	3/4 ounce (1/4 cup)	1-1/2 ounces (1/2 cup)
Chopped chives	1/2 ounce (1/3 cup)	1 ounce (2/3 cup)	2 ounces (1-1/3 cups)

1. Melt butter or margarine, mix in the flour.

2. Gradually blend into hot chicken broth, stirring constantly. Add salt and pepper and cook until thickened.

3. Combine chicken, dill seeds, and chives with the sauce.

4. Cover and simmer for 10 minutes.

5. Serve over hot rice or baking powder biscuits. (See recipe, p. 23.)

\* Well packed.





# BAKED LIMA BEANS IN SOUR CREAM Portion, 1/2 cup (5 ounces)

Main dish

Ingredients	25 portions	50 portions	100 portions
Large dry lima beans	3 pounds (2 quarts)	6 pounds (1 gallon)	12 pounds (2 gallons)
Butter or margarine, melted	10 ounces (1-1/4 cups)	1 pound 4 ounces (2-1/2 cups)	2 pounds 8 ounces (1-1/4 quarts)
Brown sugar	2-1/4 ounces (1/3 cup*)	4-1/2 ounces (2/3 cup*)	9 ounces (1-1/4 cups*)
Salt	2-1/2 tablespoons	2-1/2 ounces (1/3 cup)	5 ounces (2/3 cup)
Dry mustard	2 tablespoons	1/4 cup	1-1/2 ounces (1/2 cup)
Molasses	3 tablespoons	1/3 cup	2/3 cup
Sour cream	1 pound 2 ounces (2-1/4 cups)	2 pounds 4 ounces (4-1/2 cups)	4 pounds 8 ounces (2-1/4 quarts)
Milk	3/4 cup	1-1/2 cups	3 cups
Onion juice	1 tablespoon	2 tablespoons	1/4 cup

Pans 20-1/2 by 12-1/2 inches. 1 for 25 portions, 2 for 50 portions, 4 for 100 portions.

- Cover beans with water. Bring to boiling and cook for 2 minutes. Cover and let beans soak 1 hour. (If more convenient, soak beans overnight in cold water.)
- Add water to cover if needed.
- Boil beans gently until tender (about 45 minutes). Drain.
- Place beans in greased baking pans (3/4 gallon to each pan).
- Combine butter or margarine, brown sugar, salt, mustard, molasses, sour cream, milk, and onion juice.
- Pour mixture over the beans (3 cups to each pan).
- Bake at 350°F. (moderate) for 1 hour.

\* Firmly packed.

NOTE: Hot water may be added during baking if beans become dry.





# STEAK STRIPS WITH SOUR CREAM GRAVY      Portion, 3 strips (2 ounces), 1/4 cup gravy.

Main dish

Ingredients	25 portions	50 portions	100 portions
Beef steak, chuck or round, about 1/2 inch thick	5 pounds	10 pounds	20 pounds
Chopped onion	8 ounces (1-1/3 cup)	1 pound (2-2/3 cups)	2 pounds (5-1/3 cups)
Vegetable shortening or lard	4 ounces (1/2 cup)	8 ounces (1 cup)	1 pound (2 cups)
Salt	1-1/2 tablespoons	1-1/2 ounces (3 tablespoons)	3 ounces (1/3 cup)
Pepper	1 teaspoon	2 teaspoons	4 teaspoons
GRAVY			
Butter or margarine	2 ounces (1/4 cup)	4 ounces (1/2 cup)	8 ounces (1 cup)
All-purpose flour	3 ounces (3/4 cups sifted)	6 ounces (1-1/2 cups sifted)	12 ounces (3 cups sifted)
Hot water	2-1/2 quarts	1-1/4 gallons	2-1/2 gallons
Prepared mustard	5 teaspoons	3-1/3 tablespoons	6-2/3 tablespoons
Worcestershire sauce	1/4 teaspoon	1/2 teaspoon	1 teaspoon
Sour cream	6 ounces (3/4 cup)	12 ounces (1-1/2 cups)	1 pound 8 ounces (3 cups)
Tomato puree	1/3 cup	2/3 cup	1-1/3 cups

1. Cut steak into strips about 3 inches long and 1 inch wide.
2. Brown meat and onion in the shortening or lard. Place in baking pans. Sprinkle with salt and pepper.
3. Make gravy: Melt butter or margarine. Stir in flour and add to remaining ingredients. Heat mixture until it thickens.
4. Pour gravy over meat-onion mixture. Cover and bake at 350°F. (moderate) for 2-1/2 hours or until meat is tender.





# SCALLOPED TURKEY AND VEGETABLES Portion, 1/2 cup (4 ounces)

Main dish

Ingredients	25 portions	50 portions	100 portions
Chopped onions	3 ounces (1/2 cup)	6 ounces (1 cup)	12 ounces (2 cups)
Diced celery	12 ounces (3 cups)	1 pound 8 ounces (1-1/2 quarts)	3 pounds (3 quarts)
Diced carrots	12 ounces (2 cups)	1 pound 8 ounces (1 quart)	3 pounds (2 quarts)
Canned peas	1 cup	2 cups	1 quart
Diced cooked turkey	1 pound 14 ounces (5-1/2 cups*)	3 pounds 12 ounces (2-3/4 quarts*)	7 pounds 8 ounces (5-1/2 quarts*)
Turkey gravy**	1-3/4 quarts	3-1/2 quarts	1-3/4 gallons
Salt	1 teaspoon	2 teaspoons	1 tablespoon
Dry bread crumbs	3 ounces (3/4 cup)	6 ounces (1-1/2 cups)	12 ounces (3 cups)
Butter or margarine	1 ounce (2 tablespoons)	2 ounces (1/4 cup)	4 ounces (1/2 cup)

Pans 16-1/2 by 10-1/2 inches. 1 for 25 portions, 2 for 50 portions, 4 for 100 portions.

1. Cook the onions, celery and carrots 15 minutes in a small amount of water. Drain.
2. Combine vegetables, turkey, gravy, and salt. Blend well.
3. Place in baking pans (3-1/4 quarts or about 5 pounds per pan).
4. Mix bread crumbs and butter or margarine and sprinkle over top.
5. Bake at 425°F. (hot) for 15 minutes or until the crumbs are brown.

\* Well packed

\*\* See recipe for Turkey gravy, PA-135, Food Service II, page 5.

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# TOMATO-SUMMER SQUASH      Portion, 1/2 cup (4 ounces)

## Vegetable

Ingredients	25 portions	50 portions	100 portions
Cubed, unpeeled summer squash (any type)	5 pounds (1 gallon)	10 pounds (2 gallons)	20 pounds (4 gallons)
Finely chopped onion	12 ounces (2 cups)	1 pound 8 ounces (1 quart)	3 pounds (2 quarts)
Finely chopped green pepper	2 ounces (1/3 cup)	4 ounces (3/4 cup)	8 ounces (1-1/2 cups)
Tomato juice	1-1/4 quarts	2-1/2 quarts	1-1/4 gallons
Salt	2 teaspoons	5 teaspoons	3 tablespoons
Celery salt	1 teaspoon	1 tablespoon	2 tablespoons
Butter or margarine	2 ounces (1/4 cup)	4 ounces (1/2 cup)	8 ounces (1 cup)

1. Combine all ingredients.
2. Boil gently until vegetables are tender (about 30 minutes).



# MOLDED GARDEN SALAD Portion, 1/2 cup (4 ounces)

## Salad

Ingredients	25 portions	50 portions	100 portions
Lemon-flavored gelatin	1 pound (2-1/2 cups)	2 pounds (1-1/4 quarts)	4 pounds (2-1/2 quarts)
Hot water	6-1/2 cups	3-1/4 quarts	6-1/2 quarts
Salt	5 teaspoons	3 tablespoons	1/3 cup
Lemon juice	2/3 cup	1-1/3 cups	2-2/3 cups
Diced celery	1 pound (1 quart)	2 pounds (2 quarts)	4 pounds (1 gallon)
Finely chopped green pepper	3 ounces (2/3 cup)	6 ounces (1-1/4 cups)	12 ounces (2-1/2 cups)
Diced cucumber	1 pound 4 ounces (3-1/3 cups)	2 pounds 8 ounces (1-2/3 quarts)	5 pounds (3-1/3 quarts)
Grated carrot	2 ounces (1/2 cup)	4 ounces (1 cup)	8 ounces (2 cups)
Finely chopped onion	1 ounce (2 tablespoons)	2 ounces (1/4 cup)	4 ounces (1/2 cup)

1. Dissolve the gelatin in hot water. Stir in the salt and lemon juice.
2. Chill until the mixture begins to thicken; then add the celery, green pepper, cucumber, carrot, and onion.
3. For each portion ladle 1/2 cup of the mixture into an individual mold. Chill until firm.





# BAKING POWDER BISCUIT

Portion, one 2-inch biscuit (1-1/4 ounces)

Bread

Ingredients	25 portions	50 portions	100 portions
All-purpose flour	1 pound (1 quart sifted)	2 pounds (2 quarts sifted)	4 pounds (1 gallon sifted)
Baking powder	1 ounce (3 tablespoons)	2 ounces (1/3 cup)	4 ounces (2/3 cups)
Salt	2 teaspoons	4 teaspoons	3 tablespoons
Vegetable shortening or lard	4 ounces (1/2 cup)	8 ounces (1 cup)	1 pound (2 cups)
Milk	1-1/2 cups	3 cups	1-1/2 quarts

1. Sift dry ingredients together three times. Or blend in mixer 15 minutes on low speed, using the whip, and remove from mixer.
2. Cut or rub in fat until of consistency of coarse corn meal.
3. Add milk and mix just enough to moisten dry ingredients.
4. Turn out on a lightly floured board and knead lightly about 1 minute.
5. Roll out to 1/2-inch thickness and cut with floured 2-inch cutter.
6. Place on baking sheets and bake at 425°F. (hot) 12-15 minutes.





# EGG - CHEESE SALAD SANDWICH FILLING      Portion, 2-2/3 tablespoons (1-1/4 ounces)

Sandwich Filling

Ingredients	25 portions	50 portions	100 portions
Cheddar cheese	12 ounces	1 pound 8 ounces	3 pounds
Hard-cooked eggs	10	20	40
Paprika	1/8 teaspoon	1/4 teaspoon	1/2 teaspoon
Salt	1-1/2 teaspoons	1 tablespoon	2 tablespoons
Sweet pickle juice	1/3 cup	2/3 cup	1-1/3 cups
Lemon juice	2 tablespoons	1/4 cup	1/2 cup
Cooked salad dressing	3 tablespoons	1/3 cup	2/3 cup

1. Finely grind cheese and eggs.
2. Add remaining ingredients. Blend well.
3. Portion with a No. 24 scoop (2-2/3 tablespoons).





# ORANGE CREAM SPONGE Portion, 1/2 cup (3 ounces including garnish)

Dessert

Ingredients	25 portions	50 portions	100 portions
Unflavored gelatin	1-1/4 ounces (1/4 cup)	2-1/2 ounces (1/2 cup)	5 ounces (1 cup)
Cold water	1/2 cup	1 cup	2 cups
Hot water	1-1/4 cups	2-1/2 cups	1-1/4 quarts
Sugar	1 1/4 ounces (1-3/4 cups)	1 pound 12 ounces (3-1/2 cups)	3 pounds 8 ounces (1-3/4 quarts)
Salt	1/8 teaspoon	1/4 teaspoon	1/2 teaspoon
Lemon juice	1/2 cup	1 cup	2 cups
Orange juice	2-1/4 cups	4-1/2 cups	2-1/4 quarts
Grated orange rind	1 tablespoon	2 tablespoons	1/4 cup
Evaporated milk, chilled	2-1/4 cups	4-1/2 cups	2-1/4 quarts

1. Soak gelatin in the cold water for 5 minutes. Dissolve in the hot water.
2. Add sugar and salt. Stir until dissolved.
3. Stir in the fruit juices and orange rind. Chill until mixture is slightly thick.
4. Beat the chilled milk until stiff. Add the gelatin mixture gradually; continue beating until well blended.
5. Chill. Garnish with orange sections.

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